

underage drinking and driving



*a facilitator's guide for
organizing panel presentations/discussion
groups for parents.*





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a facilitator's guide

First Edition

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**The Alcohol & Impaired Driving Work Group
of the Traffic Safe Communities Network (TSCN)
Santa Clara County Public Health Department**

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Introduction

As young people enter adolescence they face many physical, emotional and mental changes. The uncertainties and stress at this time of life lead some to experiment with risky behaviors such as alcohol use. Alcohol is the number one drug of choice for teens in our country, and for some teens, drinking is seen as a “rite of passage” to adulthood. Though it may be hard for parents to realize this as a problem, polls of teenagers have revealed that up to 75% of 12th graders have tried alcohol, 29% are binge drinkers, and some are already addicted.

Many teens do not recognize the serious consequences resulting from alcohol use. Death, serious injury, and life-long disability may result. Car crashes are the most common cause of death in teens and 60% are alcohol related. In addition, drinking alcohol is associated with physical assaults, emergency room visits, unplanned and unprotected sex, experimenting with illegal drugs and cigarettes, school failure, truancy, and theft. As a trauma surgeon, I see every day the sad and tragic life-altering outcomes of poor decisions made by teenagers under the influence of alcohol.

Even if teens who drink avoid the immediate consequences of drinking, exposure to alcohol has life-long effects on their developing brains, most importantly the learning and cognitive functions. Research has shown that alcohol adversely affects the adolescent brain. Teen drinking has life-long effects on the brain’s abilities to think and learn for life.

Unequivocal data proving these outcomes of teen drinking has led to strict underage drinking laws and zero-tolerance laws for teenage drinking and driving. Enforcing these laws has resulted in teen lives saved. However enforcement requires the support of adults and especially parents who understand the consequences of teen drinking.

According to the 2009 Teen Survey conducted by the National Center on Addiction and Substance Abuse (CASA), when teens begin to drink, they drink to get drunk, either with friends or alone. Though adults know that living and communicating with teenagers can be difficult, research has shown that parents play a critical role in affecting teens’ decision to drink or not drink. Discussing alcohol and drug use with a teenager may be the most important factor parents can do to ensure a safe, happy, and productive future for their teen.

The Alcohol and Impaired Driving Work Group of the Traffic Safe Communities Network developed this facilitator guide to accompany the *Underage Drinking and Driving: A Parent and Teen Guide*. This booklet provides you with tools and resources for conducting a panel presentation about underage drinking and its associated risky behaviors with parents in your community. The guide provides schools, community members, and leaders with information on how to get started, a PowerPoint with suggested background information for presenters, tips for parents, and other related resources for engaging parents in a discussion about the issue.

We hope the information in this guide will provide you with useful tools as you begin to develop a program for your community. By accepting the problem of underage drinking as a collective responsibility, we can make a difference in the lives of our teens and ensure that they are raised in a safe and alcohol-free environment.

Sincerely,



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Member, Alcohol & Impaired Driving Work Group
Trauma Director, Santa Clara Valley Medical Center
Clinical Professor of Surgery, Stanford University School of Medicine

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Inside This Facilitator Guide

About the Facilitator Guide

This facilitator guide is designed to help you prepare for and facilitate a discussion with parents and other adults about trends that influence teens to engage in alcohol use, drinking and driving, and other risky behaviors. The materials presented in this guide are based on the *Underage Drinking and Driving: A Guide for Parent and Teens* developed by the Alcohol & Impaired Driving Work Group of the Traffic Safe Communities Network in Santa Clara County.

What will I find in this guide?

- Getting Started: Roles and Responsibilities for Organizing Panel Presentation/Discussion Group; Key Logistics for Event Coordinator and/or Facilitator; and Collecting Data
- Background information and PowerPoint presentation materials for panel presenters
- Sample reproducible tools for promoting your program and panel presentation preparation materials

Roles and Responsibilities for Organizing Panel Presentation/Discussion Group and Key Logistics for Event Coordinator and/or Facilitator

This section provides a general overview of planning and organizational considerations.

Background Information and PowerPoint Presentation Materials for Panel Presenters

Contains an agenda, background information for talking points, a PowerPoint presentation, and sample discussion questions.

Sample Reproducible Tools for Promoting Your Program and Panel Presentation Preparation Materials

- **School Flyer** — Promotes your program at the school. Work closely with the school administrator or Parent Teacher Student Association (PTSA) member to distribute this flyer to parents, teachers, counselors, and other school staff to announce the panel presentation.
- **Letter to Parents** — Use to invite parents to discuss the dangers of teen alcohol use and other risky behavior as well as invite them to attend presentation.
- **Press Release** — Work closely with the school administrator to craft a press release specific to the school’s community issues, print press release on the school’s letterhead, and distribute to the editors at your local and regional newspapers, and community access stations.
- **E-Mail/Newsletter Meeting Announcement** — Use this to remind parents of the presentation a week prior to the event.
- **Five Tips to Prevent Underage Drinking and Driving** — Provides tips and examples for parents.
- **School Checklist for Parents** — Provides parents with information on how to be more connected with the school.
- **On-Line Resources for Parents and Teens**
- **Panel Presentation Evaluation** — Use to obtain feedback from parents.

Getting Started

Who Should Attend the Panel Presentation?

The panel presentation/discussion group is primarily intended for parents of teens. While having teens attend with their parents may facilitate good discussion between teens and parents, much of the program dialogue is designed for parents, teachers, and other community members.

Roles and Responsibilities

Event Coordinator and/or Facilitator Roles and Responsibilities

The event coordinator's roles and responsibilities are to oversee the various phases of the panel presentation/discussion group from pre-planning to post-planning logistics. In many instances, the event coordinator may also take on the role as the facilitator of the panel presentation/discussion group. The event coordinator should always familiarize himself/herself with the organizational details of the program to ensure successful implementation. These details include securing the location, recruiting participants (including the facilitator and panel speakers), designing the agenda, gathering materials for the presentation, determining the format (assembly style or small group setting), publicizing the event and arranging logistics. See Key Logistics for Event Coordinator/Facilitator and a sample timeline (Appendix E) for coordination details.

The Role of the Panel Facilitator

The facilitator's main role in the panel presentation/discussion group is to guide as well as encourage discussion among participants through the presentation. In order to accomplish this, the facilitator should possess the following strengths and abilities:

- Have relevant knowledge and experience of the subject area
- Be an active, effective listener
- Have good presentation skills
- Respect opinions of others
- Listen from a non-judgmental place
- Be able to summarize succinctly and provide accurate feedback
- Be familiar with the culture, needs, strengths, and limitations of the participants, and have respect for individual differences
- Be able to extract positive outcomes from difficult situations
- Encourage the audience in the discussion
- Keep the discussion focused and on track

The facilitator is responsible for the flow of the panel presentation. The following are suggested tips for maximizing the experience of the facilitated presentation. The facilitator should:

- Arrive early to greet panel speakers and participants. The facilitator and panel speakers should review the presentation materials and agree to the order of the presentation.
- Ensure that the audiovisual and sound systems are operating properly. Ask the coordinator or on-site facilities personnel for technical assistance, if needed.
- Start the presentation on time by greeting the audience. Review the agenda with the participants and request that questions be held until the Q & A session. The facilitator should also determine the amount of time for each question based on the time available for completing the post-panel evaluation. Recommendation: To save time, provide participants with index cards and pencils at the beginning of the presentation and encourage them to write down questions they have during the presentation. If the panel speakers are addressing a smaller group, the facilitator may opt for a less formal approach.
- Introduce the panel speakers at the beginning of the session to minimize disruption between presentations. Each speaker should be given at least 10-15 minutes. See background information and PowerPoint included in this guide (pages 9-31). The content of the program is enough for a 1.5 to 2 hour presentation.
- Wrap-up the discussion by encouraging the participants to seek out the websites in the handout (Appendix H). Then, pass out the evaluation form and collect them once completed.

Recruitment of Panel Speakers

- If you are part of a coalition, steering committee, or task force, enlist the support of your members to identify potential speakers or participate as speakers for the panel presentations. Effective speakers for these panel presentations/discussion groups should include:
 - Medical professionals (e.g., trauma surgeons, nurses)
 - Legal (e.g., prosecuting attorneys, judges, law enforcement officers)
 - Survivors and/or parent of survivor
 - Video (optional) — can be used if survivor or parent not available
- Once the speakers have been identified, the event coordinator should provide potential panel presenter’s with the PowerPoint and background information on their topic (See background information for Medical Professionals, Law Enforcement/Legal System, and Facilitator.).

Keep in mind that although each presenter brings a unique perspective based on their professional experience, it is important that they are provided with the background information included in this facilitator guide.

Key Logistics for Event Coordinators/Facilitators

Before the Panel Presentation

- **Decide on the type of presentation.** Either a small group discussion or a more formal (assembly style) presentation for larger groups.
- **Familiarize yourself with the facility where the presentation will be held** (location of restrooms, vending machines, etc.).
- **Prepare materials and PowerPoint presentation or overheads in advance.**
- **Duplicate handouts for each participant.**
- **Make sure you have all the supplies you will need for the presentation** (name tags, pens/pencils, note paper, tape, signs, etc.).
- **Review the presentation materials to decide how best to use them with your participants.**
- **Become familiar with the content of the *Underage Drinking and Driving: A Parent and Teen Guide*.** Visit a few of the Web sites (Appendix H) listed as resources to comment on during the session.
- **Prepare an agenda for the panel presentation for discussion.**
- **Promote your panel presentation:**
 - Send a press release to the local newspaper (Appendix C).
 - Send flyers/announcements via email to the PTSA president, assistant principal, and principal (Appendix A).
 - Announce the meeting via school-parent newsletter a month prior to the meeting date (Appendix E).
 - Include a letter in the school mailing (Appendix B).
 - Send out reminders to parents a week before the actual event.

On the Day of the Panel Presentation

- **Before the presentation begins:** Set-up refreshments, if offered, and check the logistics for the room set-up.
 - Make sure all presentation materials are in order and ready.
 - Checklist of materials needed:
 - Facilitator guide
 - Pens or pencils for participants
 - PowerPoint presentation and script
 - Relevant handouts
 - *Underage Drinking and Driving: A Parent and Teen Guide*
 - Participant evaluations
 - Laptop computer
 - LCD projector
 - Optional: business cards
 - Arrange table and chairs in a semi-circle to encourage discussion, if smaller group setting.
 - Display PowerPoint on screen.
- **At the start of the panel presentation:**
 - Greet participants as they arrive and instruct them to pick up handouts.
 - Begin the program promptly and in a friendly manner.
- **At the end of the panel presentation:**
 - Have participants complete the post-presentation evaluation (Appendix I).

After the Panel Presentation

- Follow-up with media. Request the date the article will be published or when the news coverage will be aired. Obtain copies, if possible, for your records.
- Write “Thank You” notes to panel presenters, school administrators, and PTSA members.
- Compile your data from the evaluations and report the feedback to your planning committee and school administrator.

(Appendix E for a sample timeline.)

Collecting Data on Underage Drinking and Driving and Other Risky Behaviors

Where Can I Get Data?

Underage drinking and associated risky behaviors (e.g., driving under the influence, not wearing a seat belt, marijuana use, etc.) can have serious consequences for teens, families and communities. One of the first steps in understanding the scope of the problem is to collect local data. This will provide you with a local perspective of the issue and help you prioritize the data you want to include as part of your panel presentation/discussion group. Underage drinking data is available from several sources:

- Public health departments
- Hospital emergency rooms
- Police or sheriffs departments
- Alcohol beverage control agencies
- Highway safety associations
- Motor vehicle licensing agencies
- School systems
- Courts
- Juvenile and criminal justice systems
- Juvenile services agencies
- Probation and parole agencies
- Prevention agencies
- Colleges and universities
- U.S. Census Bureau

If you have no resources available in your community, turn to your local and state public health agencies for assistance.

What Type of Data Should I Collect?

Local data is the best data to include in your presentation. The data used in the PowerPoint included in this guide was taken from California Healthy Kids Survey. There are other types of data that can be collected and included in your PowerPoint, talking points, press releases, etc. These include, but are not limited to: demographics, school data (Youth Risk Behavior Survey), highway safety data, injuries and deaths involving alcohol (other than those involving motor vehicles), liquor law violations (youth and adults), criminal justice data and alcohol treatment. The following is a brief list of data that can be collected:

- DWI/DUI arrests and convictions involving underage youth and how those compare to adults 21 and over.
- Alcohol-related crashes involving underage youth and how those compare to adults 21 and over.
- Alcohol-related injuries involving underage youth and how those compare to adults 21 and over.
- Number of parties to which police were called because of reports of underage drinking.
- Recreational injuries or death where alcohol was a factor. Recreational activities include swimming, boating, climbing, roller blading, skate boarding, biking, walking, etc. Number of alcohol-related emergency room admissions or emergency medical services calls for assistance by age.
- Alcohol involvement in cases involving vandalism, property damage, rape, robbery, assault, murder, etc.
- Alcohol-related fatalities involving underage youth and how those compare to adults 21 and over.
- The number of licensed drivers who are under 21 and what percentage of the total number of licensed drivers they represent.

Note: The above list was taken from the National Highway Traffic Safety Administration (NHTSA) booklet title, "Community How to Guide On ... Needs Assessment and Strategic Planning." To view the entire document, visit:

http://www.nhtsa.dot.gov/people/injury/alcohol/Community%20Guides%20HTML/Book2_NeedsAssess.html

Agenda for Panel Presentation Group

[Organization Name]
[Location]
[Date, Starting and Ending Time]
[Agenda Heading]

Welcome and Introductions

[Name of Facilitator/Moderator]
[Title, Name of Agency Representing]

Why Are We Here?

[Name of Facilitator/Moderator]
[Title, Name of Agency Representing]

Panel Presentation

– Alcohol and the Developing Teen Brain

[Name of Medical Professional]
[Title, Name of Agency Representing]

– Laws You and Your Teen Should Know

[Name of Legal/Law Enforcement Professional]
[Title, Name of Agency Representing]

– What You Can Do: Suggestions for Being
Effective and Connected Parents

[Name of Facilitator/Moderator]
[Title, Name of Agency Representing]

Discussion Questions

[Name of Facilitator/Moderator]
[Title, Name of Agency Representing]

Q & A

[Name of Facilitator/Moderator]
[Title, Name of Agency Representing]

Evaluation/Adjournment

[Name of Facilitator/Moderator]
[Title, Name of Agency Representing]

Note: See Appendix E for a sample timeline.

Background Information and PowerPoint Presentation for Panel Presenters

For Medical Professionals — Alcohol and the Developing Teen Brain

Overview

Goals of this Section

- Help participants understand how the teen brain develops and reaches maturity at mid-20s.
- Provide participants with information about the risks that alcohol and other drugs pose to the developing teen brain.

Materials

- Booklet — Underage Drinking and Driving Booklet: A Parent and Teen Guide; pages 2, 3 and 7
- PowerPoint — Underage Drinking and Driving: What Teens Are Saying, What Parents Need to Know: Slides 9-13

Target Audience

- Parents of Teens, Teachers and Community Members

Presentation Introduction (2 – 3 minutes)

- Give examples or personal accounts on traumas caused by drinking and driving.
- Present the PowerPoint slides, encouraging participants to ask questions at any time or at the end of the panel presentation.

PowerPoint Presentation (10 – 15 minutes)

Explain concepts in a way that is appropriate to the audience. The background information presented below is suggested material to cover.

Background Information

Slide 10 Research on the Teen Brain⁴

- According to experts, the human brain changes during the adolescent period. It was once believed that teenagers had a fully developed brain. Advances in brain imaging technology have made it possible to get a clear picture of what actually goes on inside the brain. We now understand that brain development is not complete until age 25.
- The maturation process is complete sooner in regions and centers at the back of the brain with regions in the front developing last.

- The brain is divided into different specialized areas that all work at the same time.
- The cerebellum resides in the back of the brain and is the first to mature during the adolescent years. It is responsible for balance, physical coordination and movement. It may also play an important role in thought processes and higher learning such as mathematics, music and advanced social skills. This area changes dramatically during adolescent years.
- The “emotion center” also undergoes significant development in adolescent years. It is a highly sensitive organ and may be the reason why teens tend to overreact to situations rather than demonstrate more controlled responses.
- The “motivational center” is responsible for how much effort is placed on any activity. Teenagers tend to prefer high excitement and low effort activities, such as video games and skateboarding.
- The front part of the brain is called the prefrontal cortex and undergoes the most changes during the adolescent years. It is also the last part of the brain to mature. This region acts as the CEO, or decision maker, responsible for rational thinking, planning, and good judgment, as well as controlling behavior, urges and impulses.
- Adolescence is a period of time when risk taking is higher. Since the CEO is still developing; teens may not think about safety or long term consequences like someone older would.

Slide 11 Alcohol and the Teen Brain^{1,4}

- Teen years are also a time when some teens start to use or experiment with alcohol and drugs. Using these substances during this period may lead to greater risk of dependence or addiction later. Alcohol and drugs can hijack the brain and overpower it biochemically, making it difficult to resist taking the drug.
- Early exposure to alcohol can impact learning, memory, physical skills and coordination. The two brain areas that are affected the most by underage alcohol use and other drugs are the front of the brain “CEO or decision maker” and the middle of the brain. The adolescent brain, unlike adults, is physically changing i.e. rewiring itself as a result of new experiences. Alcohol may damage this constant rewiring of the brain. The middle of the brain which is involved in learning and memory is the part of the brain affected the most by alcohol exposure. This area of the brain can be 10% smaller in underage drinkers who drink more and for a longer time.

Slide 12 Alcohol and the Teen Brain – Alcohol Poisoning

- Alcohol poisoning is the most serious consequence of binge drinking, and can result in death. Hundreds of teens go to the emergency room each year for alcohol poisoning.
- Alcohol poisoning is a severe elevation of blood alcohol concentration, which may result in a coma or death.
- When large amounts of alcohol are ingested in a short period time, the body’s involuntary processes like breathing and heartbeat can slow or stop. Even if a person becomes unconscious, the alcohol continues to be absorbed from the stomach and circulates in his system. Coma and death are possible if the blood alcohol concentration reaches 0.3% or higher.
- Direct participants to page 7 of the *Underage Drinking and Driving: A Parent and Teen Guide* for more information about alcohol poisoning and what to do.

Slide 13 Why is this important for you to know?^{1,2,3}

- Although many believe that drinking during the adolescent years is a “rite of passage” in which teens can easily bounce back, research now shows that even one drink can reduce brain function in teens.
- The average age that a child takes his/her first drink is now 12, and nearly 20 percent of 12 to 20 year-olds binge drink.
- Young people who began drinking before the age of 15 are four times more likely to develop alcoholism than those who began drinking at age 21 or later.
- Early exposure to alcohol can have lasting implications on the brain. Research conducted on drinkers versus non-drinkers show that adolescent drinkers score worse on vocabulary, general information, and memory retrieval. They also perform worse in school, are more likely to fall behind and have increased risk of social problems, depression, suicidal thoughts and violence.
- Alcohol plays a major role in traffic crashes and is the leading cause of death and disability among teenagers, and contributes to other injuries such as falls. Alcohol also contributes to risky sexual behavior and unintended pregnancies, sexually transmitted disease and infections (STDs and STIs), academic failure and dropping out of school, as well as being the perpetrator or victim of rape, assault, robbery, murder and other violent crimes.
- Direct participants to pages 2 and 3 of the *Underage Drinking and Driving: A Parent and Teen Guide* for more information about the consequences for teens.

Concluding statement: The science is now very clear; underage alcohol consumption is harmful to the developing teen brain and future cognitive functioning in a way that places teens at risk for many health problems.

Open Discussion (10 minutes)

- What did you hear that was new information? Did anything surprise you?
- How will the information presented to you today affect the way you and your teen talk about underage drinking and the consequences associated with the behavior?
- What questions do you have about this information?

For Presenters from Law Enforcement/Legal System — The Laws You and Your Teen Should Know

Overview

Goal of this Section

- Provide participants with information on the Drinking and Driving Laws for Teens and Parents.

Materials

- Booklet — Underage Drinking and Driving Booklet: A Parent and Teen Guide, pages 2-5, 8-9
- PowerPoint — Underage Drinking and Driving: What Teens Are Saying, What Parents Need to Know: Slides 14–21

Target Audience

- Parents of Teens, Teachers and Community Members

Presentation Introduction (2-3 minutes)

- The speaker should give examples or personal accounts of court cases involving alcohol.
- The speaker presents the PowerPoint slides, encouraging participants to ask questions at any time or at the end of the panel presentation.

PowerPoint Presentation (10-15 minutes)

- Explain concepts in a way that is appropriate to the audience. The background information is suggested material considered valuable to be covered during the presentation.

Background Information

Slide 15 Laws You and Your Teen Should Know — Minimum Legal Drinking Age (MLDA) of 21 is Effective^{5,6,7,8}

History of MLDA

- Following prohibition in 1933, almost all states set the MLDA to 21 – standard legal age of adulthood. However, during the early 1970s, 29 states lowered their MLDA to 18-20. In the 1970s and early 1980s, several studies showed that in those 29 states with lowered MLDA, youth alcohol traffic fatalities and injuries increased dramatically. This prompted 16 of those states to raise their drinking age back to 21.

New Zealand lowered MLDA in 1999

- New Zealand lowered MLDA in 1999 from 20 to 18. Researchers found that alcohol-involved crashes increased for 15-19 year-olds. Trips to the emergency department of intoxicated 15-19 year-olds increased. Rates of drunk driving and disorderly conduct in 15-19 year-olds increased. New Zealand law makers are considering raising the drinking age again.

Debunk the European Minimum Legal Drinking Age Model

The European Myth: some people claim that the U.S. would not have such problems with youth drinking if we lowered our drinking age like the European countries. Research does not support this myth.

- Recent research shows that in a majority of European countries, a greater percentage of 15-16 year olds report drinking to excess (5+ drinks in a row) than U.S. 15-16 year olds.
- About half of the European countries have intoxication rates among 15-16 yr olds that are greater than in the U.S. (25% are about the same, and 25% are lower).
- Many factors influence drinking patterns across Europe and the U.S., including government policies, tax rates, retail availability, religious/cultural values, advertising practices, and social acceptability of intoxication.

MLDA follows the medical facts of the brain not fully developing until age 25

- 21-laws help protect the health, safety, and overall well-being of our youth.
- 21-laws are effective in reducing alcohol-related deaths and injuries.
- While many youth under 21 still consume alcohol, they drink less with the 21-laws.

To read about the opposing argument, visit Choose Responsibility website at: http://www.chooseresponsibility.org/debating_the_issues/

Slide 16 Laws You and Your Teen Should Know – Legal Consequences for Teens⁹

- California has a “Zero Tolerance Law”
- Anyone under 21 years old who is driving with 0.01% Blood Alcohol Concentration (BAC) or more is in violation
- Under zero tolerance, this violation will automatically result in a 1 year suspension on the driving privilege.
- Refusal to complete a Preliminary Alcohol Screening (PAS) or other chemical test by someone under 21 years old will result in:
 - A 1-year suspension of their driver’s license for a first offense.
 - A 2- year revocation for a second offense within 10 years.
 - A 3- year revocation for a third or subsequent offense within 10 years.
- If convicted of DUI, the court will require completion of an educational DUI program.
- Direct participants to pages 2 and 3 of the *Underage Drinking and Driving: A Parent and Teen Guide* for consequences for teens.

Slide 17 and 18 Laws You and Your Teen Should Know — Legal Consequences for Teens, continued

- The estimated costs for a first misdemeanor DUI are over \$10,000.
- Direct participants to pages 3 and 6 of the *Underage Drinking and Driving: A Parent and Teen Guide* for breakdown of cost for 1st DUI and other consequences.

Slide 19 Laws You and Your Teen Should Know- Legal Consequences for Teens cont.^{9,10}

OTHER ILLEGAL ACTS:

- **Any Alcohol in Car (Open alcohol container illegal for all ages) – Possession of Alcohol**
 - No one (any age) is permitted to have an open container of alcohol in the car (this includes inside a glove compartment).
 - The laws are even stricter for a person under 21 years old. A person under 21 may not have *any alcohol (even if sealed)* in their car unless accompanied by a parent (*open container never allowed*). If caught with alcohol in the car:
 - The car may be impounded for up to 30 days (it costs over \$1200 to get a car out of impound).
 - The court may impose a fine up to \$1,000.
 - The court may suspend the driving privilege for one year .
- **Attempt to purchase alcohol or purchasing alcohol**
 - It is illegal for a person under 21 to purchase or attempt to purchase alcohol.
 - Penalty results in a one year suspension or delay of driver’s license, fines and/or community service.
- **Using False ID**

Use of a Fake ID results in one year suspension or delay of driver’s license, fines and/or community or even jail.
- **Possession of Alcohol in Public Place**

Possession of alcohol results in one year suspension or delay of driver’s license, fine and community service.
- Direct participants to pages 2 and 3 of the *Underage Drinking and Driving: A Parent and Teen Guide* for a summary of consequences for teens regarding underage drinking and driving.

Slide 20 Laws You and Your Teen Should Know- Other Traffic Safety Laws for Teens^{9,11,12,13}

- **Seatbelt Laws**
 - Every person in a car is required to wear a seatbelt [California Vehicle Code, Section 27315 (a)].
 - Teens and young adults are the least likely group to buckle up and most likely to die in a traffic crash.
 - Research has shown that lap/shoulder belts, when used properly; reduce the risk of fatal injury to front-seat passenger car occupants by 45% and the risk of moderate to critical injury by 50%.
- **Cell Phone/Texting Laws for Drivers Under 18**
 - All drivers are prohibited from using a handheld wireless telephone (*California Vehicle Code [VC] 23123 — effective July 1, 2008*) and texting (*VC 23123.5 — effective January 1, 2009*) while operating a motor vehicle.
 - Drivers under the age of 18 may not use a wireless telephone, pager, laptop or any other electronic communication or mobile services device to speak or text while driving in any manner, even “hands-free” (*VC 23124*). Sending, receiving, or reading text while driving is also prohibited. Exceptions to the rule are in emergency situations such as calling the police, fire, or medical authorities.

■ Provisional License Laws

- California provisional license does not permit teens age 16-18 to drive between 11 p.m. and 5 a.m. without being accompanied by a licensed driver 25 years old or older for the first twelve months. Also, they cannot transport passengers under 20 years of age at any time, for the first twelve months unless they are accompanied by a licensed driver 25 years old or older.
- Provisional license is stricter because statistics show that teen drivers are more likely than older drivers to be involved in crashes because they lack driving experience and tend to take greater risks.
- The presence of passengers can increase the risk by distracting beginning drivers and creating peer pressure to participate in risky behavior. Crash risk for teenage drivers increase incrementally with 1, 2, or 3 or more passengers. With 3 or more, fatal crash risk is about 3 times higher than when a beginner is driving alone.

It is important to tell parents that if they suspect that their teen is driving dangerously or irresponsibly, they may cancel the instruction permit or license at any time by completing a *Request for Cancellation or Surrender of a Driver License or Identification Card, form DL 142*. It is available from any DMV office or the DMV website at www.dmv.ca.gov.

- Direct participants to pages 8 and 9 of the *Underage Drinking and Driving: A Parent and Teen Guide* for the California Graduated Drivers License (GDL) information.

Slide 21 Laws You and Your Teen Should Know- Legal Consequences for Parents¹⁰

■ Furnishing Liquor to a Minor

- Providing alcohol to a minor is a misdemeanor crime that can result in community service and fines up to \$1,000, even on a first offense (California Business and Professions Code, 25658).

■ Contributing to Delinquency of Minor

The adult can also be charged with contributing to the delinquency of a minor, which carries a penalty of up to one year in jail, five years probation and \$2,500 fine.

■ Permitting Alcohol – Results in Crash

If you buy a minor alcohol and he/she later injures himself/herself or another, the parent faces a minimum of six months or as much as a year in jail and a fine up to \$1,000 or both.

■ Civil Liability

- Civil liability allows individuals to file lawsuits which can result in huge costs.

■ Social Host Ordinances

Stricter laws that allow for greater criminal liability for adults who host parties and permit alcohol to be served at their function. *Note: If possible, research the specific city or county social host ordinance (if it exists) and share with audience.*

- Direct participants to pages 4 and 5 of the *Underage Drinking and Driving: A Parent and Teen Guide* for legal consequences for parents.

Open Discussion (10 minutes)

- What questions do you have about this information?
- What did you hear that was new information? Did anything surprise you?
- Based on the laws presented today, what can you do to prepare/reduce your teen’s access to alcohol?
- Did the discussion today make you think about how you would approach your teen in a discussion about the laws of underage drinking and driving?

For Panel Facilitator — What You Can Do: Suggestions for Being Effective and Connected Parents

Overview

Goals of this Section

- Provide tools and resources for having good discussions on underage drinking, drug use and other risky behaviors.

Materials

- Booklet — Underage Drinking and Driving Booklet: A Parent and Teen Guide, pages 8–16
- Handout — Five Tips to Prevent Underage Drinking and Driving
- Handout — School Checklist for Parents
- Handout — On-Line Resources for Parents and Teens
- PowerPoint — Underage Drinking and Driving: What Teens Are Saying, What Parents Need to Know: Slides 22-32

Target Audience

- Parents of Teens, Teachers and Community Members

Presentation Introduction (2-3 minutes)

- Present the PowerPoint slides; encourage participants to ask questions at any time or at the end of the panel presentation.

PowerPoint Presentation (10-15 minutes)

- Either present the PowerPoint slides covering the information below or use an alternate format.

Background Information

Slide 23 What You Can Do — Parental Influence on Teen Alcohol Use and Other Risky Behaviors¹

- As teens progress from childhood to adolescence they are faced with many physical, emotional and mental changes. When teens engage in alcohol, drug use and other risky behaviors, they may want to experience pleasure, take risks, fit in, or cope with stress. Teens are greatly influenced by the world in which they live, especially their families, peers, schools, community, and society as a whole. Other influences include cultural values, religion, and traditions.
- Parents who are actively involved and have a strong relationship with their teen can have a powerful influence on their decision to remain alcohol-free. Research has shown that the number one reason that teens refuse to drink alcohol is that they worry what their parents will think of them. Having a good relationship is likely to influence your teen to live up to your expectations because they want to maintain that close tie with you.
- Teens need information from their parents to make good decisions and they need the information from parents. Teens may receive misinformation from peers and other sources. Don't wait until a problem arises to talk to them about drinking alcohol and other risky behaviors. Parents are encouraged to build a strong and supportive bond with their teen:
 - Establish open communication
 - Ask open-ended questions
 - Control your emotions
 - Don't lecture but actively listen to your teen

Slide 24 What You Can Do — Do a Self-Assessment — Reasons Keeping You from Talking to Your Teen About Alcohol and Other Risky Behaviors³

- Do a self-assessment. Ask yourself the following — Do you:
 - Worry about your own past behavior
 - Lack knowledge of what to say
 - Worry about not being taken seriously
 - Fear embarrassing your teen or being accused of prying into their business
 - Fear questions that you may not have answers to
 - Plan to wait until there is a problem or concern
- Don't be influenced by what you perceive other parents are doing.
- Act as a role model:
 - Limit your own alcohol consumption — your teen is watching
 - Don't be influenced by what you perceive other parents are doing

Slide 25 and 26 What You Can Do - Talk with Your Teen

The following are suggestions for ways that parents can prepare themselves and their teen in a discussion about underage drinking, driving under the influence, and other risky behaviors.

- Talk with your teen early and often – and especially at the beginning of the year, holidays, school breaks, prom, and graduation.
- Explain why you want them to delay alcohol use and drugs.
- Establish a curfew and enforce it, and involve your teen in the discipline process.
- Explain to your teen the consequences of driving under the influence of alcohol or other drugs. Also, stress the importance of wearing a seatbelt at all times.
- Explain and enforce the Graduated Drivers Licensing law — Limit the number of riders in the car with your teen.
- Be aware of your teen’s social networking habits.
 - MySpace and Facebook are the most visited web sites for teens. These popular sites allow teens to stay in constant touch and get up-to-minute updates from friends and their connections. Talk to your teen about these social networking sites and monitor their activity.
- Make sure your teen is completely aware of safety issues, including not talking on a cell phone or texting while driving.
- Help your teen get as much supervised driving practice as possible.
- Emphasize that there are increased crashes between 11:00 pm and 5:00 am. Staying off the road during those hours is required by graduated licensing laws for the first year and a good idea throughout high school.
- Keep it slow and safe for beginners.
- Train for bad weather.
- Role-play with your teen.
- Don’t be afraid to be a parent rather than a “friend.”
- Take advantage of “teachable moments.”
- Direct participants to pages 8–10 of the *Underage Drinking and Driving: A Parent and Teen Guide for Suggestions For Being Effective and Connected Parents*.

Slide 27 What You Can Do — Continue the Conversation with Your Teen

- Ask questions before and after social events.
- Get to know your teen’s friends AND the parents of their friends.
- When your son or daughter returns from going out at night, have some contact with him or her.
- Occasionally check to see that they are where they say and watch for signs of drinking and drug use when they return home.
- Provide participants with copies of the *School Checklist for Parents* and *Five Tips to Prevent Underage Drinking and Driving* Handouts.

Slide 28 What You Can Do — Important Facts Parents Should Know About Teen Parties

- Teen parties can get out of control very quickly.
- Teens are good at networking — Invitations to parties spread quickly and are sent via online, e-mail, instant or text messaging, or word of mouth.
- Teen parties often start late at night and move from house to house.
- “Partying” may include alcohol and drugs (e.g., cigarettes, marijuana). Watch behaviors when your teen returns home from a party.
- Alcohol impairs judgment and can lead to many risky behaviors: sex, rape, injuries, violence, and alcohol-related crashes.
- Even the good teen can be drinking. Always watch for signs.
- Direct participants to pages 14–16 of the *Underage Drinking and Driving: A Parent and Teen Guide for Tips for Parents When Supervising Teen Parties*.

Slide 29 What You Can Do — Signs to Watch For³

- Changes in friends
- Decline in school performance
- Losing interest in activities that used to be fun or important to them
- Poor concentration
- If you witness warning signs and think your teen may have an issue with alcohol, seek help immediately. Even if the problem is not with alcohol or drugs, your concerns should be addressed

Slide 30 and 31 Resources for Parent and Teens

- Print and provide participants a copy of the *On-Line Resources for Parents and Teens* handout. Review a couple of websites from the handout (Appendix H) with the parents. If possible, include some local resources on the PowerPoint slides.

Slide 32 More Information

- Include a slide with your local contact information — name of agency, address, phone number, email address and website.

Open Discussion (10 minutes)

- What did you hear that was new information? Did anything surprise you?
- What questions do you have about this information?
- What can you do to prepare/reduce the likelihood that your teen would engage in underage drinking and other risky behaviors?
- Did the discussion today provide you with information for talking with your teen about alcohol use, driving and other risky behaviors? If yes, what information impacted you the most?
- Other than the strategies mentioned in this presentation and in the handouts provided, are there other strategies you have used to help your teen make good decisions about alcohol use and other risky behaviors?

PowerPoint Presentation: Underage Drinking & Driving – What Teens Are Saying, What Parents Need to Know

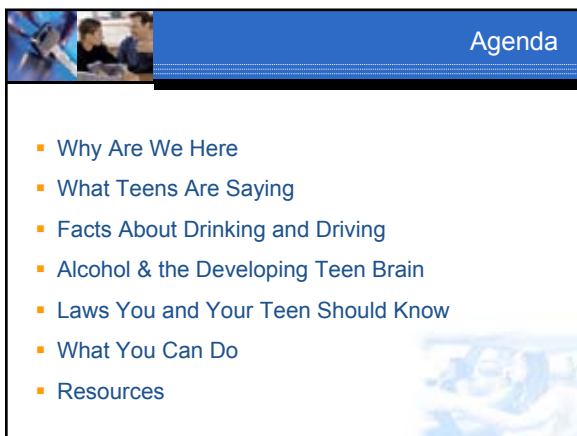
The notes to the right of the PowerPoint presentation reference sections of the facilitator guide which you can review for additional information. We encourage you to include local statistics in your PowerPoint. Please note that although the primary focus of this presentation is alcohol, there are other drugs that may have similar or negative consequences.

Slide 1




Introduce yourself and the panel presenters.

Slide 2




Provide an overview of the presentation

Slide 3

Why We Are Here

- Many teens are making good decisions about alcohol, drug use and driving, however some are not. We want to reinforce those decisions and be able to understand and support teens who are making positive choices and help those who are making decisions that can be detrimental to them.
- Underage drinking is a collective responsibility. Our goal is to make a difference in the lives of teens to ensure that they have a safe, happy and productive future.

Explain why you care and why you are there.

Slide 4

What Teens Are Saying

**[Name of Survey] Data Results
Use of Alcohol & Driving, and
Other Risky Behaviors**

Background Information:

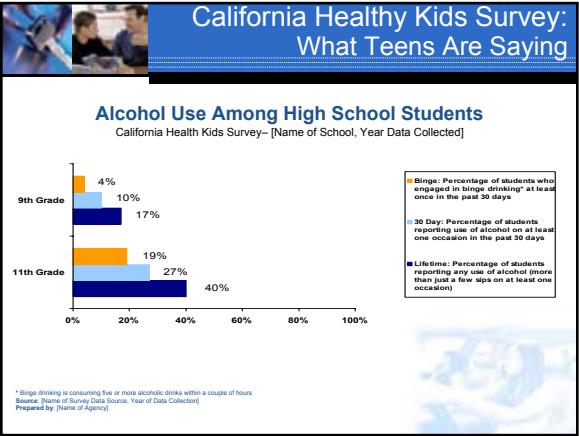
The California Healthy Kids Survey (CHKS) is required for grades 5th, 7th, 9th and 11th every other year in conjunction with the California Department of Education.

The survey is widely used by many public agencies including the [include your agency's name].

The goals of the CHKS are to reduce risky behaviors, help school districts to identify areas for intervention, promote learning and promote health programs.

The data that I am presenting to you today will focus on the questions related to alcohol and driving, and other risky behaviors grades 9th and up.

Slide 5



The results here is a compilation of data of teens who reported their own alcohol use in the survey.

Question 1: Alcohol Use Ever in a Lifetime

The chart illustrates the percent of students who have ever tried a full drink of alcohol (not just a sip). However, lifetime use rates include students who may have only experimented once. As you see alcohol use increases with grade level.

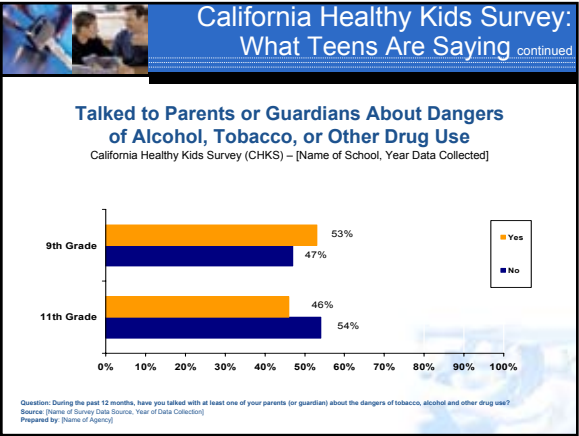
Question 2: Alcohol use in the past 30 days.

The chart illustrates percent of students who are current users, having consumed in the thirty days prior to taking the survey. These students may be regular users and not just students who experiment. As you can see, alcohol use increases with grade level.

Question 3: Binge drinking in the past 30 days

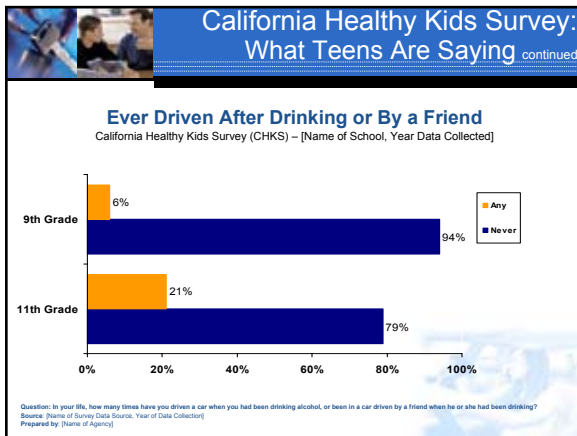
One of the most widely used definitions of heavy drinking is the consumption of five drinks in a row in a single setting or occasion. This is frequently called “binge drinking” or “episodic” heavy drinking. Adolescent binge drinkers can open themselves up to many alcohol-related problems, such as losing control over their actions, making poor choices, and taking part in high risk activities such as unprotected sex or driving while intoxicated. Binge drinking increase with grade level.

Slide 6



In this chart, students were asked the question, “During the past 12 months, have you talked with at least one of your parents (or guardian) about the dangers of alcohol, tobacco and other drug use?” Many teens are having conversations with their parents, but as you can see, these conversations decrease as teens get older.

Slide 7



Driving under the influence is one of the main causes of traffic accidents and death among youth. To gauge the overall risk to students from drinking and driving, high school students were asked how often they had ever driven after drinking or been driven by a friend under the influence. 17% of 9th graders and 20% of 11th graders indicated they had either driven a car after drinking or been a passenger in a car driven by a friend who had been drinking. This percentage translates to the fact that most teens are making good decisions, however there are many teens who may be putting themselves at significant risk.

Slide 8

Facts About Underage Drinking & Driving



- Kids who begin drinking by age 15 are 4 times more likely to develop alcohol abuse/dependence than those who wait until age 21;
- Alcohol-related traffic crashes are the leading cause of death and disability among teenagers;
- Alcohol is a major factor in all of the other leading causes of death and injury among teenagers – homicide, suicide, burns, drowning and falls;
- Alcohol use has been strongly linked to depression, sexually transmitted disease, date rape, pregnancy, assaults and other criminal behavior (both as perpetrator and as victim)

For more facts, reference “*Underage Drinking and Driving: A Parent and Teen Guide*” on page 19.

Slide 9

Alcohol and the Developing Teen Brain


Slide 10

Research on the Teen Brain



Adolescence is a period of profound brain maturation

- It was believed that brain development was complete during childhood
- Back of brain matures before the front of brain
- The brain maturation not complete until age 25
- Adolescents are controlled by impulse portion of brain because logic portion is “under construction”



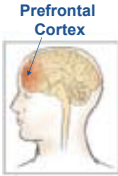

See background information in the facilitator guide
For Medical Professionals – Alcohol and the Developing Teen Brain on page 9.

Slide 11


Alcohol and the Teen Brain

- Hippocampus most affected (memory center of the brain)
- Alcohol is a depressant which damages neuroconnections

See background information in the facilitator guide
For Medical Professionals – Alcohol and the Developing Teen Brain on page 10.


Slide 12

Alcohol and the Teen Brain – Alcohol Poisoning

- Alcohol poisoning results in emergency room visits
- Most serious consequence of binge drinking results in death

See background information in the facilitator guide
For Medical Professionals – Alcohol and the Developing Teen Brain on page 10.

Slide 13

Why is this Important for You to Know

- Alcohol consumption reduces brain function in teens
- Early exposure to alcohol contributes to serious social and health consequences, traffic crashes, academic failure, etc
- Teens are 4 times more likely than older drivers to be involved in a crash and 3 times as likely to die in one
- More teens in a car increases their crash risk

See background information in the facilitator guide *For Medical Professionals – Alcohol and the Developing Teen Brain* on page 11.

Slide 14

Laws You and Your Teen Should Know

Slide 15

Minimum Legal Drinking Age of (MLDA) 21 is Effective

- History of **MLDA**
- New Zealand** lowered MLDA in 1999
- Debunk the “**European Minimum Legal Drinking Age**” model
- MLDA** follows the medical facts of the brain not fully developing until age 25

See background information in the facilitator guide *For Presenters from Law Enforcement/Legal System – The Laws You and Your Teen Should Know* on pages 12 and 13.

Slide 16



Legal Consequences for Teens

- **Zero Tolerance Law**
- **DUI Under 21**
- **DUI Consequences**
 - Driver's License suspended up to 3 years
 - DUI stays on driver's record 10 years
 - DUI program
 - Fine

See background information in the facilitator guide *For Presenters from Law Enforcement/Legal System – The Laws You and Your Teen Should Know* on page 13.

Slide 17



Legal Consequences for Teens *continued*

- **Costs of 1st DUI (over \$10,000)**
 - Fines, Fees, Penalties
 - Tow/Impound Fee
 - Alcohol Education Class
 - Auto Insurance increase
 - Attorney & legal fees
 - Greater costs for more serious, subsequent cases
 - CIVIL LIABILITY

See background information in the facilitator guide *For Presenters from Law Enforcement/Legal System – The Laws You and Your Teen Should Know* on page 13.

Slide 18



Legal Consequences for Teens *continued*

- **Other Consequences**
 - Drinking/Driving – Injuries/fatalities
 - Bad decisions –
 - unplanned sex/unwanted pregnancies,
 - exposure AIDS/STDs,
 - assaults/fights
 - Alcohol poisoning leading to overdose/death
 - Loss of parental trust/privileges
 - Embarrassment
 - Can impede future job opportunities and college applications

See background information in the facilitator guide *For Presenters from Law Enforcement/Legal System – The Laws You and Your Teen Should Know* on page 13.

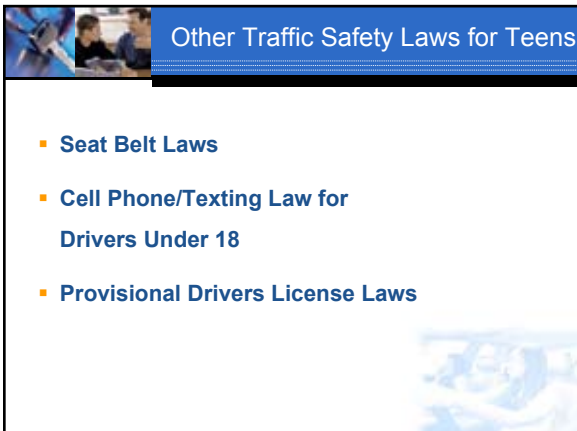
Slide 19

Slide 19 features a blue header with the title "Legal Consequences for Teens" and the word "continued" in a smaller font. To the left of the title is a small inset image showing two teenagers. The main content area is white with a blue border. It contains a bulleted list under the heading "Other Illegal Acts". The list items are: "Any Alcohol in Car" (with a sub-note "(Open alcohol container illegal for all ages)"), "Purchasing or attempting to purchase alcohol", "Using False ID", and "Possession of Alcohol in Public Place". A faint background image of a car accident is visible in the bottom right corner.

Legal Consequences for Teens
continued

- **Other Illegal Acts**
 - Any Alcohol in Car
(Open alcohol container illegal for all ages)
 - Purchasing or attempting to purchase alcohol
 - Using False ID
 - Possession of Alcohol in Public Place

See background information in the facilitator guide *For Presenters from Law Enforcement/Legal System – The Laws You and Your Teen Should Know* on page 14.

Slide 20

Slide 20 features a blue header with the title "Other Traffic Safety Laws for Teens". To the left of the title is a small inset image showing two teenagers. The main content area is white with a blue border. It contains a bulleted list under the heading "Other Traffic Safety Laws for Teens". The list items are: "Seat Belt Laws", "Cell Phone/Texting Law for Drivers Under 18", and "Provisional Drivers License Laws". A faint background image of a car accident is visible in the bottom right corner.

Other Traffic Safety Laws for Teens

- **Seat Belt Laws**
- **Cell Phone/Texting Law for Drivers Under 18**
- **Provisional Drivers License Laws**

See background information in the facilitator guide *For Presenters from Law Enforcement/Legal System – The Laws You and Your Teen Should Know* on pages 14 and 15.

Slide 21

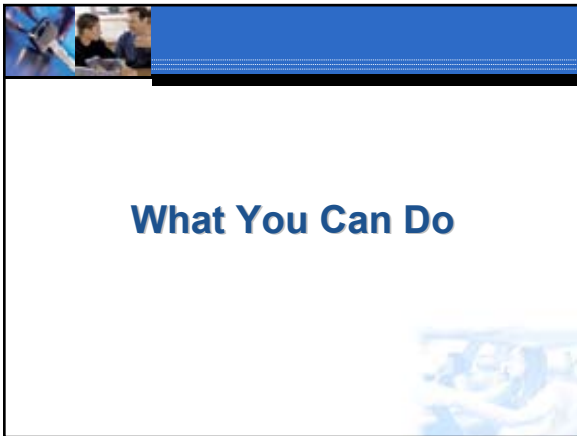
Slide 21 features a blue header with the title "Legal Consequences for Parents". To the left of the title is a small inset image showing two teenagers. The main content area is white with a blue border. It contains a bulleted list under the heading "Legal Consequences for Parents". The list items are: "Furnishing Liquor to a Minor", "Contributing to Delinquency of Minor", "Permitting Alcohol – Results in Crash", "Civil Liability", and "Social Host Ordinance". A faint background image of a car accident is visible in the bottom right corner.

Legal Consequences for Parents

- **Furnishing Liquor to a Minor**
- **Contributing to Delinquency of Minor**
- **Permitting Alcohol – Results in Crash**
- **Civil Liability**
- **Social Host Ordinance**

See background information in the facilitator guide *For Presenters from Law Enforcement/Legal System – The Laws You and Your Teen Should Know* on page 15.

Slide 22

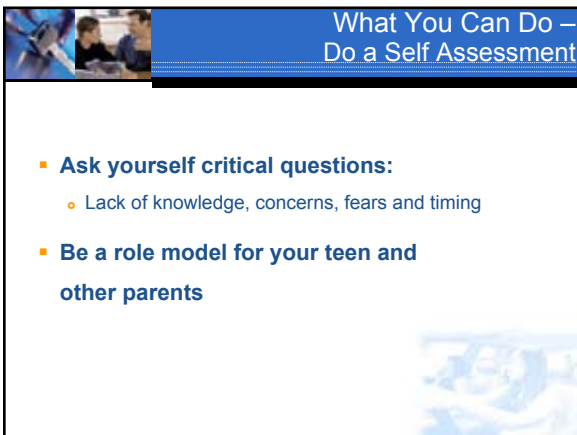


Slide 23




See background information in the facilitator guide *For Facilitator – What You Can Do: Suggestions for Being Effective and Connected Parents* on page 17.

Slide 24




See background information in the facilitator guide *For Facilitator – What You Can Do: Suggestions for Being Effective and Connected Parents* on page 17.

Slide 25

**What You Can Do –
Talk with Your Teen**

- Talk with your teen early and often
- Establish curfew and enforce it
- Explain consequences of driving and the use of alcohol, other drugs & distractions (i.e., cell phones, passengers, texting)
- Stress the importance of seat belts




See background information in the facilitator guide *For Facilitator – What You Can Do: Suggestions for Being Effective and Connected Parents* on page 18.

Slide 26

**What You Can Do –
Talk with Your Teen**

- Explain and enforce **Graduated Driver Licensing Laws**
- Be aware of your teen's social networking habits
- Talk to your teen about traffic safety issues



See background information in the facilitator guide *For Facilitator – What You Can Do: Suggestions for Being Effective and Connected Parents* on page 18.

Slide 27

**What You Can Do –
Continue the Conversation with Your Teen**

- Don't be afraid to ask questions about social events before and after
- Get to know your teen's friends AND parents of friends
- Watch for signs of drinking and drug use



See background information in the facilitator guide *For Facilitator – What You Can Do: Suggestions for Being Effective and Connected Parents* on page 18.

Slide 28

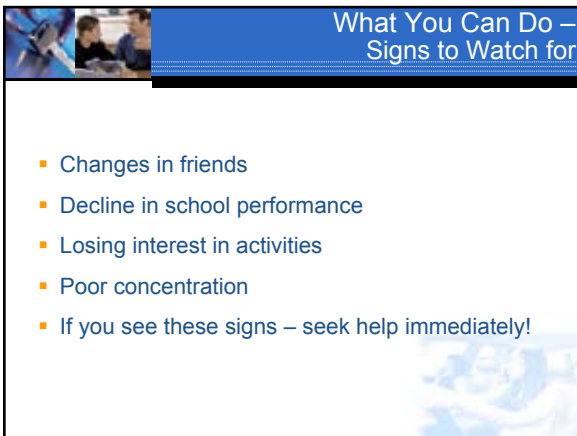


Important Facts Parents Should Know About Teen Parties

- Teens are good at networking
- Teen parties start late and move from house to house
- “Party” may include alcohol and drugs
- Watch behaviors when teens returns.
- Even the good teen can be drinking – watch for signs

See background information in the facilitator guide *For Facilitator – What You Can Do: Suggestions for Being Effective and Connected Parents* on page 19.

Slide 29

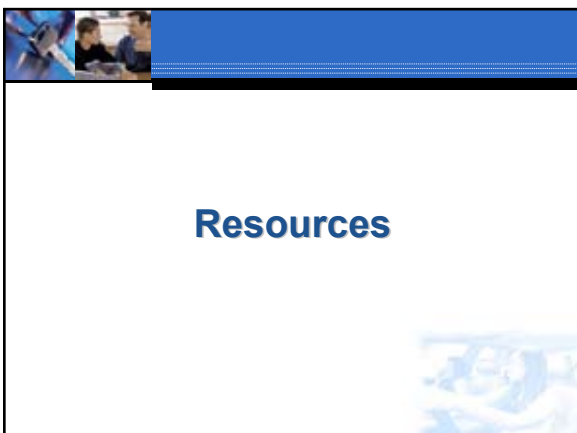


What You Can Do – Signs to Watch for

- Changes in friends
- Decline in school performance
- Losing interest in activities
- Poor concentration
- If you see these signs – seek help immediately!

See background information in the facilitator guide *For Facilitator – What You Can Do: Suggestions for Being Effective and Connected Parents* on page 19.

Slide 30



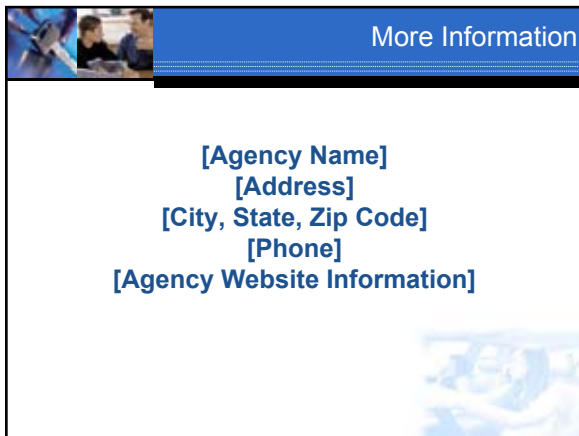
Resources

Slide 31

Slide 31 features a blue header with the word "Resources" in white. To the left of the header is a small image of two people. The main content area is white and contains a bulleted list of three resources. In the bottom right corner, there is a faint, light blue image of a person's face.

- **Parents - The Anti-Drug**
www.theantidrug.com
- **Children Now – Talk to Your Kids**
www.talkingwithkids.org/drugs/html
- **4 Parents.gov**
www.4parents.gov/

See background information in the facilitator guide *For Facilitator – What You Can Do: Suggestions for Being Effective and Connected Parents* on page 19.

Slide 32

Slide 32 features a blue header with the words "More Information" in white. To the left of the header is a small image of two people. The main content area is white and contains five lines of placeholder text in blue. In the bottom right corner, there is a faint, light blue image of a person's face.

[Agency Name]
[Address]
[City, State, Zip Code]
[Phone]
[Agency Website Information]

See background information in the facilitator guide *For Facilitator – What You Can Do: Suggestions for Being Effective and Connected Parents* on page 19.

Appendix – Sample Reproducible Tools

Promoting Your Program

Appendix A: School Flyer

Appendix B: Letter to Parents

Appendix C: Press Release

Appendix D: E-mail/Newsletter Announcement

Panel Presentation Preparation Materials/Handouts

Appendix E: Timeline

Appendix F: Five Tips to Prevent Underage Drinking and Driving

Appendix G: School Checklist for Parents

Appendix H: On-line Resources for Parents and Teens

Appendix I: Panel Presentation Evaluation

Promoting Your Program

Appendix A – School Flyer

Underage Drinking and Driving: What Teens Are Saying - What Parents Need to Know

Parents, teens and community members are invited to attend this important event that will provide useful information on trends that influence teens to engage in alcohol use, drinking & driving and other risky behaviors.

Please join us!

Where: [Name of School]

When: [Date]

Time: [Time]

Topics

- Results from the California Healthy Kids Survey (CHKS) 2007-2008
- Learn about the effects of alcohol on the developing teen brain
- Legal and physical consequences of drinking and driving for teens and parents
- Tips for better communication with your teen
- How to deal with and prevent alcohol use
- Learn about local resources

Speakers will include representatives from law enforcement, trauma centers, education, and judicial system.

For further information please contact:

Christina Oshinsky, Health Education Specialist, Traffic Safe Communities Network (TSCN)
Phone: (408) 793-2738 • Fax: (408) 793-2731 • Email: christina.oshinsky@hhs.sccgov.org

Traffic Safe Communities Network in Santa Clara County

Alcohol & Impaired Driving Work Group

Funding for this program was provided by grants from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration and Caltrans.

Appendix B – Letter to Parents

Underage Drinking and Driving: What Teens Are Saying – What Parents Need to Know

Dear Parents or Guardian,

[City, State] — Please join us for an important meeting on [Date, Time, Location] to share information with parents of [Name of High School] students. The Parent Meeting, organized by [Local Organization] will provide parents with information about the dangers of underage drinking and drunk driving in our community and will focus on how parents can learn to do more to keep youth from drinking. Speakers will include representatives from law enforcement, emergency medical services, education, and judicial system [Name of Panel Speakers].

As parents, our goal is to keep our teens safe, but often it may seem difficult to find the best strategies to assure our child’s safety. Alcohol-related traffic crashes continue to be the leading cause of death and disability among teenagers. Furthermore, alcohol is the number one drug of choice among teens.

So what can we do? Join us at our special parent meeting at [Name of School, Date, Time, Location]. The Parent Meeting will present some important information and simple tips to keep our youth from using alcohol and other drugs and allow us to share our ideas with each other.

This meeting is for parents who know or think that their son/daughter is drinking, and for those parents who believe that their son or daughter is not partaking drinking at all. Research has shown that the number one reason for teens refusing to drink alcohol and engage in other risky behaviors is that they worry about what their parents will think of them. Parental involvement is critical in affecting teen behavior regarding alcohol.

There are many reasons why you come to events at school – parent teacher conferences, athletic events, special celebrations. This could be one of the most important, and we hope you will make every effort to attend.

For more information call [Event Coordinator/Facilitator, Title, Local Organization] at [Phone Number].

Appendix C – Press Release

For Immediate Release:
Interview Opportunities
[Date]

Contact: [Name, Phone Number]
Email: [Email Address]

[Name of School] Welcomes [Local Organization] for a Parent Meeting on Underage Drinking and Driving: What Teens Are Saying — What Parents Need to Know

[City, State] – The recent traffic collision death of the Anaheim Angels pitcher Nick Adenhardt, along with the driver, and another passenger, struck by a drunk driver on April 9th brings to light the importance of educating parents, teens and the community about the harmful effects of alcohol and the consequences of drinking and driving. High risk behaviors such as binge drinking and driving under the influence are issues that can create difficult challenges for parents and the community. [Local Organization] will host a meeting on [Date, Time, Location] to share important information with parents and teachers of [Name of School] students. The Parent Meeting will provide parents and teachers with information about the dangers of underage drinking and drunk driving in our county and will focus on how parents can learn to do more to keep youth from drinking. Speakers will include representatives from law enforcement, emergency medical services, education, and judicial system.

“This is one of the most important topics for today’s parents”, said [School Principal or Community Leader]. “We know that parents come to the school for many events and meetings, but this is one meeting that could affect the future health and well-being of all of our youth.”

In [Indicate Year], the California Healthy Kids Survey (CHKS) [Name of Survey] demonstrates that underage drinking is far too common in our community; where 1 in 3 students in the 11th grade [Local Data] from [Name of County] high schools reported using alcohol in the 30-days prior to taking the survey. Unfortunately, many parents don’t see that this issue could affect their child. But the data is just the beginning – much of the meeting will focus on the effects of alcohol on the developing adolescent brain, legal consequences of underage drinking for parents and teens, and what parents can do to effectively monitor youth to prevent them from drinking and driving. One example is to wait up, or set the alarm to go off at curfew time. This is a simple step, yet studies have shown that teens are less likely to drink if they know an adult will be up and awake when they get home. Research tells us parental involvement is critical in reducing underage drinking and drunk driving.

The information presented at this meeting will be helpful to any parent, but especially so for parents of youth who are not yet experimenting with alcohol. The tips are most effective when they are applied before any signs of a problem appear.

For additional information, contact [Name of Event Coordinator/Facilitator, Title, Representing Organization] at [Phone Number] or email: [Email Address].

###

Appendix D – E-Mail/Newsletter Announcement

Underage Drinking and Driving: What Teens Are Saying — What Parents Need to Know

Parents of [Name of School] students are invited to join us on [Date, Time, Location] for a discussion and panel presentation regarding strategies on keeping our youth safe at home, at parties and in our community. Underage drinking is a serious issue in our community, [Local Data] with [XX Percent] of 11th grade students from [Name of School] reporting that they drank alcohol in the past 30 days. Although many are making the right decision not to drink, any child could be at risk — a hard issue for many parents to come to grips with. At the Parent Meeting — Underage Drinking and Driving: What Teens Are Saying – What Parents Need to Know, parents will get information to help them understand the risks and some important tips that can help. Please make every effort to attend. This could be one of the most beneficial meetings you participate this year.

Panel Presentation Preparation Materials




Appendix E – Timeline

1-2 Month Prior:	<ul style="list-style-type: none"> ■ Set date ■ Engage speakers for the meeting ■ Secure location ■ Finalize agenda components ■ Brainstorm creative ways to advertise the panel presentation ■ Identify relevant contacts/deadlines/directions and maps ■ Consider how to increase parental attendance
3-4 Weeks Prior:	<ul style="list-style-type: none"> ■ Send invitation letter to parents ■ Order/print materials, flyers and posters ■ Brief participants and/or panel presenters ■ Send “Save the Date” announcement to calendar listings in broadcast/print ■ Prepare local data to be included in presentation
2-3 Weeks Prior:	<ul style="list-style-type: none"> ■ Secure audiovisual resources (microphone, podium, TV, DVD/VHS players, laptop, projector) ■ Confirm speakers ■ Place announcement of panel presentation meeting in school newsletter, PTSA newsletter, and on school website ■ Develop agenda/share with key participants ■ Distribute and post flyers in school locations
1-2 Weeks Prior:	<ul style="list-style-type: none"> ■ Prepare packets for parents ■ Meet with speakers to review meeting ■ Send news release to media ■ Reminder notices to parents
2-3 Days Prior:	<ul style="list-style-type: none"> ■ Ensure equipment is working ■ Ensure materials are ready ■ Prepare name tags for all speakers ■ Prepare a registration table for parents
After:	<ul style="list-style-type: none"> ■ Review participant evaluations, compile results and provide feedback to members and speakers ■ Send thank you notes to speakers and panelists ■ Coordinate with school to report success of meeting in school newsletter/web ■ Conduct a de-briefing meeting with key participants ■ Follow-up with any ideas, suggestions or next steps that came from the meeting

Appendix F – Five Tips to Prevent Underage Drinking and Driving

[Front]

5 Tips to Prevent Underage Drinking & Driving


	TIP 1 Limit Access	TIP 2 Network	TIP 3 Reinforce & Enforce	TIP 4 Check In Often	TIP 5 Be Up & Be Ready
<div>Start Here</div> <div>Then Try</div> <div>Do More</div>	GOOD <p>If you have alcohol in your home, keep track of it - know what and how much you have, and keep it where it is not accessible to teens.</p>	GOOD <p>Get to know your teen’s friends.</p>	GOOD <p>Reinforce the rules and consequences of underage drinking before your teen goes out.</p>	GOOD <p>Before your teen goes to a party or out with friends, ask if adults will be present and if alcohol will be present.</p>	GOOD <p>Wait up, or set the alarm for curfew time - talk with your teen about their night.</p>
	BETTER <p><i>Start with above and then...</i> Thank store clerks when you see them card someone who is buying alcohol.</p>	BETTER <p><i>Start with above and then...</i> Get to know the parents of your teen’s friends. Know the rules so you don’t have to just accept the argument “everybody else is allowed to ...”</p>	BETTER <p><i>Start with above and then...</i> Frequently explain the reasons behind the rules so your teen understands the rules are a protective measure, not just a restriction on their freedom.</p>	BETTER <p><i>Start with above and then...</i> Ask your teen to call you from the party or gathering; if you have caller ID, you can ask them to use a landline, not a cell phone so that you can tell where they actually are when they call.</p>	BETTER <p><i>Start with above and then...</i> When your teen arrives home, look for signs of use. Teens who believe their parents will catch them are less likely to drink.</p>
	BEST <p><i>Start with above and then...</i> Alert the police if you have information about where/ how teens are getting alcohol in your community.</p>	BEST <p><i>Start with above and then...</i> Let the parents of your teen’s friends know your rules, and where you stand on underage alcohol use - no furnishing, ever.</p>	BEST <p><i>Start with above and then...</i> Enforce your rules consistently. Don’t look the other way if your teen violates the rules - they need to know that you are serious about the rules and that you will hold them accountable for violating them.</p>	BEST <p><i>Start with above and then...</i> Trust but verify - check in with other parents about your teen’s activities or drop by once in a while where your teen tells you they will be.</p>	BEST <p><i>Start with above and then...</i> Be prepared in advance for what you would do the FIRST time you discover that your teen has been drinking. Think ahead of time about how you want to react, who you would talk to, how you would enforce the consequences.</p>

(Over)


(Over)

[Back]

5 Tips to Prevent Underage Drinking & Driving *continue*



TIP 1 <i>Limit Access</i>	TIP 2 <i>Network</i>	TIP 3 <i>Reinforce & Enforce</i>	TIP 4 <i>Check In Often</i>	TIP 5 <i>Be Up & Be Ready</i>
EXAMPLES	EXAMPLES	EXAMPLES	EXAMPLES	EXAMPLES
<ul style="list-style-type: none"> Rather than stocking your refrigerator with beer and wine, buy just what you need for an occasion. Get into the habit of keeping your alcohol in a secure place or locking it up before your children become teens. Make your home an alcohol-free zone. It's an easy and cost-free way of preventing underage alcohol access. 	<ul style="list-style-type: none"> Ask about your child's friends: What interest do they share with you child? What is their family like? Do they have siblings? Ask for phone numbers and other ways to contact the parents of your teen's friends. Ask other parents what their rules are about underage drinking. Make sure the parents of your teen's friends know they can call you if they have concerns about your teen, and offer to return the favor. 	<ul style="list-style-type: none"> Tell your teen what behavior you expect from them while they are out. Anticipate questions from your teen before discussing family rules. Be prepared with honest, firm answers. Decide, before a rule is broken, what would be fair and appropriate consequence; then be sure to communicate that with your teen. 	<ul style="list-style-type: none"> Ask your teen for the address and phone number of the home they will be visiting. Be sure your teen knows how to reach you before they leave the house. Be aware of the use of cell phone text messages and instant messaging for planned drinking parties. Limit private access to the computer. Keep it in a living space you'll walk through while they are online. 	<ul style="list-style-type: none"> Keep the lights on and stay up until your teenager comes home. If their curfew is past your bedtime, ask them to wake you when they arrive and set an alarm for their curfew time. Hug your teen when they arrive home. Check for odors of alcohol. Make eye contact during conversation. Check for bloodshot eyes, slurred speech and sense of balance.


 Traffic Safe Communities Network in Santa Clara County
Alcohol & Impaired Driving Work Group
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Appendix G – School Checklist for Parents

When it comes to underage drinking, all [Name of City / County] kids are at risk. As a parent you can work with your local school to help prevent underage drinking. Working together parents, teachers, administrators and coaches can be powerful influencers of teen behaviors. This checklist can help as you begin to talk with your school about the issue:

- ☐ Underage drinking is considered an important issue at my teen's school.
- ☐ I know the school policies about underage drinking.
- ☐ My teen's school will help/intervene if there is reason to believe a teen is drinking.
- ☐ My teen's school requires parents to be kept informed of school policies regarding underage drinking.
- ☐ I will actively support school policies on underage drinking and the enforcement of them.

If you would like to encourage your school to do more to prevent underage drinking, here are some suggestions:

- ☐ Encourage your school to add information or a speaker on underage drinking to existing parent meetings — such as Open House, Athletic Kick-Off Meetings, Parent Nights, and more.
- ☐ Ask your school principal to include the *Five Tips to Prevent Underage Drinking and Driving* in a newsletter or mailing to parents.
- ☐ Encourage your school principal to write a letter to all parents about the school's policy on underage drinking and include information from the www.sccphd.org/traffic — *Underage Drinking and Driving: A Parent and Teen Guide*.



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Appendix H – Parent Resources

The following are on-line web resources that provide information that will assist you with talking with your youth about alcohol and other risky behaviors.

Traffic Safe Communities Network (TSCN) — Underage Drinking and Driving: A Parent and Teen Guide

<http://stanfordhospital.org/PDF/TSCNParentTeenGuideUnderageDrinkingDriving.pdf>

A Family Guide to Keep Youth Mentally Healthy and Drug Free

<http://family.samhsa.gov>

Kids Health for Parents

<http://www.kidshealth.org>

4parents.gov

<http://www.4parents.gov/index.html>

Leadership to Keep Children Alcohol Free

<http://www.alcoholfreechildren.org/en/pubs/pdf/prevention.pdf>

Mother Against Drunk Driving (MADD)

www.madd.org/under21/0,1056,1163,00.html

Parents: The Anti-Drug

<http://theantidrug.com>

Stop Underage Drinking

<http://www.stopalcoholabuse.gov>

Impaired Driving: A Family Guide

<http://family.samhsa.gov/set/safedriving.aspx>

Keeping Your Kids Drug Free – A How-to Guide for Parents and Caregivers

<http://www.theantidrug.com/pdfs/version3General.pdf>

Suspect Your Teen is Using Drugs or Drinking? A Brief Guide to Action for Parents

http://www.theantidrug.com/pdfs/resources/in-language/spanish_english_suspect.pdf

Navigating the Teen Years: A Parent's Handbook for Raising Healthy Teens

http://www.theantidrug.com/pdfs/resources/general/nav_the_teen_years.pdf

What to Expect and When to Seek Help: A Bright Futures Developmental Tool for Families and Providers – A Social and Emotional Development in Adolescence: 11-21 years

<http://www.brightfutures.org/tools/BFtoolsAD.pdf>

Allstate – Teen Driving

<http://www.allstate.com/foundation/teen-safe-driving.aspx>

Kids Health – Parent Section: Kids and Alcohol

<http://kidshealth.org/parent/emotions/behavior/alcohol.html>

The Partnership for a Drug Free America: A Parent's Guide to the Teen Brain

<http://www.drugfree.org/TeenBrain/>

Children NOW – Talking With Kids About Alcohol and Drugs

<http://www.talkingwithkids.org/drugs.html>

Teen Resources

The following are on-line web resources that provide information to teens about alcohol and other risky behaviors.

Traffic Safe Communities Network (TSCN) — Underage Drinking and Driving: A Parent and Teen Guide

<http://stanfordhospital.org/PDF/TSCNParentTeenGuideUnderageDrinkingDriving.pdf>

Mother Against Drunk Driving (MADD)

www.madd.org/under21/0,1056,1163,00.html

Allstate – Teen Driving

<http://www.allstate.com/foundation/teen-safe-driving.aspx>

Do I Have a Drug Problem

www.drugscreening.org

Your Health

www.cdc.gov/HealthyYouth/za/index.htm

Information on Alcohol

www.thecoolspot.gov/index.asp

National Institute on Drug Abuse

www.teens.drugabuse.gov/index.asp

Teen Health – Drugs and Alcohol

http://kidshealth.org/teen/drug_alcohol/

National Organization for Youth Safety (NOYS)

<http://www.noys.org/>

Students Against Destructive Decisions (SADD)

<http://www.sadd.org/intro.htm>

Appendix I – Panel Presentation Evaluation

[Name of School]
Panel Presentation
[Date, Time, Location]

Are you a: ☐ Parent ☐ Student ☐ Faculty

I came to the presentation because I wanted to learn more about:

Did tonight's presentation meet your expectations? *Please check your response.*

☐ Exceeded ☐ Met Most ☐ Met some ☐ No opinion ☐ Did not meet ☐ I had no expectation

How satisfied are you with the information or materials you received from tonight's panel presenters?

Please check your response.

☐ Very Satisfied ☐ Satisfied ☐ Somewhat Satisfied ☐ Not Very Satisfied ☐ Not at All Satisfied

How did you hear about this presentation?

How will you use the information from this evening's presentation?

What suggestions do you have that would improve this presentation?

*Thank you for taking the time to share your opinion of tonight's presentation.
We hope the presentation was helpful to you!*

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Santa Clara County Board of Supervisors

Santa Clara County Department of Alcohol and Drugs

Santa Clara Valley Medical Center Trauma Service

Stanford University Medical Center Trauma Service

Sunnyvale Department of Public Safety

Voices United

Contact Information



Public Health Department
Santa Clara Valley Health & Hospital System



For more information about underage drinking and driving, or how to join the Alcohol & Impaired Driving Work Group, please contact:

TRAFFIC SAFE COMMUNITIES NETWORK
IN SANTA CLARA COUNTY
Alcohol & Impaired Driving Work Group
Sobrato Building for Nonprofits - San Jose
1400 Parkmoor Avenue, Suite 120B
(408) 793-2730 phone — (408) 793-2731 fax
Website: www.sccphd.org/traffic

